



# STAGES OF HEAT-RELATED ILLNESS



## Signs of hydration

- No thirst
- Pale, yellow urine
- Urinating every few hours
- Skin quickly goes back into place when pinched or pulled (turgor)

## What to do next

Continue drinking water and eating water-based foods.



## Signs of thirst and dehydration

- Feeling thirsty
- Dark yellow and strong-smelling urine
- Urinating less than 4x a day
- Feeling dizzy or lightheaded
- Feeling tired
- Dry mouthed and/or chapped lips

## What to do next

Drink water and eat water-based foods to keep from progressing into more serious heat-related illnesses.



## Signs of heat cramps

- Muscular pains and spasms due to heavy exertion, usually in the abdominal muscles, arms, or legs.

## What to do next

Stop activity and rest in a shaded, cool or air-conditioned place.

Gently stretch the cramped muscle and hold the stretch for about 20 seconds, then gently massage the muscle.

**Get medical help if the person has heart problems, is on a low-sodium diet, or has cramps that do not subside within 1 hour.**



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## Signs of heat exhaustion

- Cool, moist, pale, flushed or red skin
- The skin may be red right after physical activity
- Skin may or may not feel hot
- Heavy sweating
- Headache
- Dizziness, weakness or exhaustion
- Nausea or vomiting
- Decreased skin elasticity (turgor)
- Body temperature near normal

## What to do next

Stop activity and rest in a cooler place. Go into an air-conditioned space if possible.

If fully awake and alert, drink small amounts of water or a sports drink. Drink a half glass of water every 15 minutes.

Remove unnecessary clothing, including shoes and socks, and apply cool, wet cloth to skin or mist with water.

Call 911 if the person refuses water, vomits or loses consciousness.



## Signs of heat stroke

- Skin may still be moist or you may stop sweating and the skin may be red, hot and dry
- Changes in consciousness, including decreased alertness level or complete loss of consciousness
- Throbbing headache
- Confusion
- Rapid, weak pulse
- Rapid, shallow breathing
- Vomiting
- High body temperature up to 105° F
- Seizures

## What to do next

Heat stroke is life-threatening. **Call 911 if you are suffering any of these symptoms.**

Go to a cooler place. Go into an air-conditioned space if possible. Quickly cool the body. Do not force the person to drink water

If you have ice packs or cold packs, wrap them in a cloth and place them on the wrists, ankles, in the armpits, and on the neck to cool large blood vessels.

Watch for signals of breathing problems and make sure the airway is clear.

Keep yourself or the person lying down on your side in recovery position in case of vomiting.



Visit us online to learn more about the signs and symptoms of heat-related illness: [azhealth.gov/heat](https://azhealth.gov/heat)